

Fight Germs and Stay Healthy

If you have a cold or flu:

Avoid close contact when possible

- ▶ Germs are transmitted by sneezing, coughing and even while speaking

Cover your cough or sneeze

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- ▶ Throw used tissue in the trash

Wash your hands often.

- ▶ Always wash your hands before eating and after using the latrine
- ▶ Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

Avoid touching your eyes, nose or mouth

- ▶ Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth



<http://usachppm.apgea.army.mil>

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